



# Pantry eNews

September 2021

Welcome to Helena Food Share's **Pantry eNews** where we deliver news, updates and events each quarter to your inbox. To share your comments or questions, [send us an email here](#).



## **STRONGER TOGETHER: The Food is Care Pilot Program**

Partnering with St. Peter's Health on how we could deepen our work together to serve our community better, we developed a common vision based on a shared mission to improve our community's health and wellbeing.

Leveraging our skills and expertise, we knew we could make an impact by helping people experiencing food insecurity who have mobility or transportation challenges and diet-sensitive chronic health conditions like diabetes, heart disease, or hypertension. Today, this vision is becoming a reality through the **Food is Care** pilot program.

### **How it works:**

Around ten community members are currently participating in the program. They were referred by care team members at St. Peter's and other local medical clinics who determined they could benefit from the services provided at no cost.

Every other week, in collaboration with St. Peter's caregivers, Helena Food Share prepares food boxes for program participants. The boxes are full of targeted items to help the participant manage or improve their specific chronic health condition.



*A typical Food Is Care box with fresh produce, meat, eggs, staples and canned goods.*

When not responding to emergencies, the St. Peter's ambulance team then hits the road, delivering the boxes to the community members at their home or apartment.

Sharon Tatum, who is receiving care from St. Peter's primary care provider Dr. Mikael Bedell, receives the food boxes. She has celiac disease and shares that the team goes to great extents to ensure that she gets gluten-free food. They also provide low-sodium options to address other health concerns, focusing on meats like chicken or fish.

St. Peter's Health and Helena Food Share are excited about the prospect of growing this program to reach some of the most vulnerable people in our community. In the short pilot program's history, one thing is sure: ***we're stronger together.***

Tatum agrees. "There are a lot of times that I wouldn't have food at all if they didn't come to deliver it to me," she said. "It is a great service."

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## **UPCOMING EVENTS: Save These Dates**

**Senior Commodities:** Seniors who qualify for commodities can pick up boxes this fall on these days:

East Helena Pantry - **Sept 21 and Nov 2**; 2:00 - 3:30 pm

Lewis Street Pantry - **Sept 22 & 23 and Nov 3 & 4**;

8:00 -10:30 am.

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**Feed our Kids. Fuel our Future.** Helena Food Share will receive all [#NourishingNeighbors](#) donations made at our local **Safeway** and **Albertsons** stores in September. When you check out, you can make a gift that will help us provide kids with the nourishment they need. *Thank you!*

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**Turkey Challenge:** We're going virtual again this year so it's easy to join the challenge. If you can help your neighbors with a holiday meal, get online to make your gift. **The fun begins Nov 19!**



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**Holiday Food Distribution Sign Up:** If you need support for your holiday meal, online sign-up starts in **November for Thanksgiving** and in **December for Christmas** meals. This helps us create an efficient food distribution process.

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